



Seven Minutes

The Nicotine Anonymous Quarterly: A forum for nicotine users who don't use

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Interested in contributing to Seven Minutes?

Send letters, articles, stories, poems, artwork, or other material to:
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or email to:
SevenMinutesEditor@nicotine-anonymous.org

All submissions may be edited as necessary for grammar and content.

Subscription requests, circulation additions and deletions may be sent by mail to the address above, or go online to:
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Your trusted servants,
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Chairperson's Report

World Service Conference 2017

At the XXXII World Service Conference in April, dedicated delegates and members of Nicotine Anonymous met to address fellowship business and to **Celebrate the Journey** - especially when, *live from Cleveland, it's Saturday Night!* What a weekend we all had.

First, on Friday afternoon the officers met for our pre-conference board meeting. The board approved moving forward with my efforts regarding the use of an on-demand publisher (Paul C, a NicA member) to print hard copies of *Nicotine Anonymous: The Book* (Fifth Edition) with content translated by NicA members into other languages. Currently, we have the content in Spanish (thank you, Nancy B) and formatted for print (thank you, Catherine C). I'm told that a Russian translation is also being updated to the Fifth Edition.

I will also be working with Paul C on a press release about our fellowship and its resources, which our Traditions Committee and board will review. We will use a professional service that distributes such press releases to thousands of media outlets. We will be *carrying the message* worldwide.

My year-long initiative to update the *Policy & Procedures* manual (P&P) with the other officers was approved. It is posted on our website under the About Us tab - click **Archives**. We updated and added clarifications to improve the ability of current and future World Services trusted servants to understand and perform their responsibilities.

Friday night was our wonderful Gratitude

Meeting. The workshops on Saturday discussed sponsorship, Bylaws, social media outreach, and our fellowship's service structure. I encourage members to write and send their experience as sponsors and/or sponsees to: literaturecoordinator@nicotine-anonymous.org. A committee will form to develop proposals for improving our service structure. One topic discussed was about improving group/delegate representation. Some ideas ranged from assigning geographical regions in the United States to not being geographically determined but delegates would simply be those willing and active group members able to attend conferences. Another topic discussed was how we could use technology to increase participation.

Sarah B had WANTED posters made up about the open service opportunities - we need members to volunteer. Please consider serving in one of the positions still needing to be filled. These include Outreach Committee, Telephone servants and Translators. We also want to further develop an International Coordinator/Committee to improve our connection with our international group members. Anyone interested in the above positions can read the P&P and contact chairperson@nicotine-anonymous.org to be considered for appointment. These are opportunities to give back and put your gratitude into action.

Saturday night we dined and heard inspiring speakers, Katherine B and Chick P. Then we *Celebrated the Journey* with musical entertainment led by Elizabeth B of Ohio along with her Ohio intergroup members. The costumes that members

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The Twelve Steps of Nicotine Anonymous

1. We admitted we were powerless over nicotine—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other nicotine users and to practice these principles in all our affairs.

The Twelve Steps and Twelve Traditions reprinted and adapted here with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism—use of the Twelve Steps in connection with programs and activities which are patterned after A.A., but which address other problems, does not imply otherwise.

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, **as we understood Him.**
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we **understood Him**, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

The Twelve Traditions of Nicotine Anonymous

1. Our common welfare should come first; personal recovery depends upon Nicotine Anonymous unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine.
4. Each group should be autonomous except in matters affecting other groups or Nicotine Anonymous as a whole.
5. Each group has but one primary purpose - to carry its message to the nicotine addict who still suffers.
6. A Nicotine Anonymous group ought never endorse, finance, or lend the Nicotine Anonymous name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Nicotine Anonymous group ought to be fully self-supporting, declining outside contributions.
8. Nicotine Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. Nicotine Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Nicotine Anonymous has no opinion on outside issues; hence the Nicotine Anonymous name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose, there is but one ultimate authority--a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose --to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
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Our Preamble

Nicotine Anonymous is a fellowship of men and women helping each other to live our lives free of nicotine. We share our experience, strength and hope with each other so that we may be free from this powerful addiction. The only requirement for membership is the desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self-supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine.

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Chairperson's Report

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created were a laugh riot. Chick P sang *Midnight Train to Georgia* as her "Pips" pulled a "locomotive" she made on a wagon. John O sang two hits dressed as Frank Sinatra. Jan S belly danced for Roger F, our co-founder. Then our Ohio DJ Larry L got us all dancing and laughing.

On Sunday we voted to approve five Bylaws amendments and three new officers. Your 2017-18 board is Chad O from MN as chairperson-elect, Sherry B from NV as treasurer-elect, and Katherine B from NC as secretary-elect. They join Chick P from NY as active chairperson, Alicia R from KY as active treasurer, Marguerite B from CA as active secretary, myself from NY as chairperson emeritus, Annette A from NJ as treasurer emeritus, and Nancy O from FL as secretary emeritus.

At the Spirituality Brunch, Lee C inspired us with his story of service and recovery. We closed with the Serenity Prayer - another gathering of grateful members, offering their recovery in action because "it works if you work it." Mp3 recordings of our business meetings and speakers are available at our website.

My personal gratitude goes to Michael B for creating a conference binder for me and future chairpersons to help navigate all that has to be done and when. Surely, together we do what we cannot do alone. For a second year in a row, we all have immeasurable gratitude to MJ as conference chair and all the Ohio intergroup members who created a fantastic conference within great accommodations - **THANK YOU!!**

Checko M
outgoing NAWS chairperson



Speaking From Experience...

There are a hundred ways to quit. There's only one I know of to stay quit and that's the program of Nicotine Anonymous. You are in a battle for your life. Don't take it lightly. Use the tools. If you can't make a commitment to quit, make a commitment to keep coming back. I guarantee it will work.

I was raised in a very sheltered, highly religious atmosphere. It gave me lots to rebel against. And sadly, it provided fertile ground for the roots of my life-long addiction to nicotine.

During my senior year in high school, a friend flew home from California. They not only served a full dinner on airplanes back then, but also gave a sample pack of cigarettes with every meal. The following Saturday night "my crowd" took turns sampling the contents of that pack. As far as I know, I was the only one who enjoyed it. I loved it from the first drag and took the pack home with me. For the next few months I would sneak off with a friend to the shores of Lake Michigan and enjoy an illicit drag or two. Often it was when I was supposed to be at a church function so I was wearing white gloves. I would keep the gloves on while I was smoking because I didn't want the tobacco to stain my fingers, and when I got home I'd carefully wash the gloves to rid them of the smell.

By the time I moved to California in 1985, I wanted to quit and was in despair that I ever could. I worked with a friend who wanted me to quit so badly that she gave me packs of matches with the tips cut off so you couldn't light them. The company where I worked announced one Friday that effective Monday, we could no longer smoke at our desks. Their experience with me convinced them to pay for any employee who wanted to participate in commercial smoking cessation programs. The cost at that time was about \$500 per person. The smoking ban was implemented over a six week period. Many who went through the programs offered did quit, but eventually went back to smoking. I refused to go to any program or consider quitting. Shortly thereafter I quit the job and took another one at half the

pay. The roots of my addiction in rebellion kept me puffing and stuffing.

I tried hypnosis and quit for 24 hours until I had a fight with my son. I had no tools to use when the urge hit and I needed something to stop the pain. I also went to the American Lung Association cessation program. I learned a lot there about my nicotine addiction and my insanity and I do recommend that type of program. They told me the chances of staying quit are 70% higher if you join a support program that is ongoing. I quit for nine months, but the first time I hit an emotional problem without any tools, I started again. I had taken the first step though - I had learned that my life was unmanageable.

When my father learned I was smoking he told me I could give it up using will power. On three different occasions he gave me a hundred dollars to quit. I took the money and went right on smoking. The only thing he contributed to was my loss of self-esteem. I had no problem accepting that I needed to be restored to sanity.

I said on more than one occasion, "It will take a program like AA for me to quit because I need a cigarette like an alcoholic needs a drink." In December of 1992 a friend found an ad in the newspaper about a Nicotine Anonymous meeting. I attended my first NicA meeting in January of 1993. I thought I walked into the rooms to quit smoking. I didn't know I walked in to change my life. At my first meeting I interrupted the speaker with questions and learned about no cross talk. At the end of the first meeting I almost bolted when they said the Lord's Prayer, but I was desperate enough to take what I liked and leave the rest. I could only say, "and lead me not into temptation." I read the questionnaire in the first section of the Nicotine Anonymous book and knew I was just like these people. I heard I had an addiction and will power didn't help; that instead I needed to surrender to the fact that I was powerless over my addiction. I hadn't worked the Steps, I didn't have a sponsor and I didn't believe in God. I had thrown any dependence on God out of my life and believed only in my own power. I said if I love myself enough I can quit. I set a quit date.

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The Saturday before my quit date, I woke up in a cold sweat. I was terrified. I was certain I could not quit and would surely die from lung cancer. I had no idea how to live one day at a time and was overwhelmed by fear of living without my faithful friend that always made me feel better. About midday on my quit date, I felt something I cannot explain put its arms around me. I heard it say, "Yes, you can do it. You are not alone. You do not have to be afraid." I believe it was my spiritual awakening.

The first time I heard Step 3, I said, "I won't give my will & life over to anything. I'm raising my children, am financially stable, I'm a success & don't believe in God." A member of the group replied, "If you're doing so well, what are you doing here?" I heard him. I learned that a Power greater than myself could be the group until I could believe in "God, as I understood him."

It took me 6 months to get a 60 day chip. I'd get 2 weeks and go out for 2 weeks. I'd get almost a month and have one and break down sobbing. I raged at my family, my coworkers and myself, but they put up with it and loved me anyway. I got a 60 day chip that had a hole drilled in it. I put it on my key chain so I could see it every day. I chewed on carrots, I chewed on stir sticks. I went to the meeting every Tuesday night. I was the literature person, the chip person and the secretary. After a year I finally got a sponsor and my recovery picked up speed. She had me work the 4th Step by making a list of my fears - things I had never admitted to myself. I had to let go of my fear of gaining weight. I admitted that I was afraid of being alone. And then I had to admit my fears out loud to another human being.

When I had been smober for almost 2 years, I moved to a place where there were no meetings. I thought I was safe without a meeting. It took me two years to forget I couldn't have just one. My addiction was alive and well and I had forgotten that I was an addict. When I was in my first year of smobriety I could not understand how anyone with 2 years could go back to smoking. Now I know it was because they stopped going to meetings. A man named Frank helped me start a NicA meeting in Monterey. I chose another quit date. Frank's belief that without the program we couldn't stay nicotine-free has kept me smober for 20 years.

One day I got a call from the chairperson of the Northern California Intergroup. I started attending the Intergroup meeting in Oakland every month. I was willing to go to any lengths. I went to the Weekend in the Country in Grass Valley in 1997. I helped organize the World Service Conference in Berkeley in 2001. Doing service has kept me smober too.

The last time there were too many things going wrong in my life and I began to forget why I can't have just one cigarette, I called a long time member of NicA. He said, "Go ahead and smoke. Then you can add one more thing to the list of things going wrong in your life."

I am forever grateful. At the NicA conference in Santa Monica in 2003, I heard Roger F, the founder of NicA, tell his story. I'll end mine as he did: "Thanks to this program, I have found a new happiness and a new freedom."

Joyce D
San Diego, CA

Do You Donate or Contribute?

Is there really even a difference? I think there is. Even though Nicotine Anonymous is a non-profit organization, we do not accept donations from people who are not members of our fellowship.

As a citizen, I am concerned about different issues, so I donate money to support certain causes. These are charities. Nicotine Anonymous is not a charity. As a member of NicA, I contribute my time, experience, strength, hope and money to my group and to NAWS. Nicotine Anonymous is a fellowship of members who are responsible for our expenses.

Our Seventh Tradition states we are self-supporting through our own contributions. We don't accept outside contributions, we don't fund-raise, and we don't market products to turn a profit. We are supported by contributing members so we can continue to carry the message to the nicotine addict who still suffers.

Alicia R
Freedom Seekers Group, Ft. Thomas, KY

At 76 Days...

I am Rob and I am a nicotine addict. I get to say that about once a day now. I started saying it about 12 years ago when I found a Nicotine Anonymous meeting 2 blocks from where I lived. It was in a funny part of town and it was very apparent that the folks there with a LOT of clean time wanted to help me and love me. The L word...it just keeps coming up with me and a lot of addicts that I know. We go towards the light. We addicts move towards love.

I could not keep a quit and I ran. I felt that I needed to be worthy of the love that was offered. I would get a quit and go to meetings or catch a group online and then run again when I lost my quit.

Help was offered, the love was there.

Nicotine tortures us all eventually. The longer we use, the worse it gets. I had tried everything to moderate my use and the slow, inevitable slide into oblivion. There is an asterisk on my timeline when I held my mother's hand as she died of lung cancer, then walked outside and used.

Used. I am a drug addict, you see. I don't look like one or act like one but I really am. I am just a scared child inside, seeking hope and light - and love.

I would torture myself sometimes when I lost a quit - frequently, actually. And I would try again. But things changed a bit and I began to look for a glimmer of understanding in each lost quit. There were lots of glimmers. With a death grip on my HP, I once made it to 6 months before losing a quit. It was three years before I was able to try again.

I was still afraid of you, even though you wanted to help me. Trust issues are so common for us addicts. It was really desperation and that low tide that brought me to the point where I was willing to accept help from someone who had been as low as I was now. There was light and hope that I saw in the group of addicts who came to a meeting because of me. You were there because of me, and the love that I felt so many years ago was still there. This time I am ready to receive your help.

Rob S
Mayhill, NM

Outreach projects allow us to carry the message in a variety of ways.

Literature and financial assistance are available for your project — up to \$500.

For details visit the Nicotine Anonymous website at www.nicotine-anonymous.org or send an email to outreachcoordinator@nicotine-anonymous

Introducing...

I want to introduce myself to all of the faithful readers of *SevenMinutes*. My name is Chick and I am a very grateful recovering nicotine addict. On April 23rd at the XXXII World Service Conference in Ohio, the chairperson of Nicotine Anonymous passed the gavel on to me. It is with awe and amazement that I am now the active chairperson of Nicotine Anonymous World Services.

Preparing for this position has been something I've worked on for a number of years. I was someone who was sick and tired of recurring bronchitis and being a slave to nicotine. I simply typed Smokers Anonymous into the search engine of my computer and voila...I found Voices of Nicotine Recovery online, and became an active member of Nicotine Anonymous. Prior to attending a meeting, I found the NicA website and ordered *Nicotine Anonymous, The Book* along with *90 Days and 90 Ways*. Now, 110 months later I am receiving emails and phone calls from people who want to learn how to live life nicotine-free. What a gift!

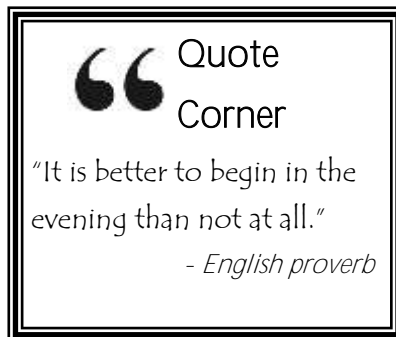
Over the past nine years I've experienced many adventures and earth-shattering events and have remained nicotine-free. Now I am going to learn how to continue to help nicotine addicts across the world, and to help direct individuals and groups to our many resources that help enhance their recovery. My ability to act calm, appreciative, positive, graceful, and grateful have improved with support from my sponsors, Voices of Nicotine Recovery (VONR), trusted servants of Nicotine

Anonymous, officers of Nicotine Anonymous World Services, and other powers greater than myself. My acceptance of myself and of life on life's terms has immensely improved by working the Twelve Steps and Twelve Traditions while I volunteer to be of service.

I bring devotion to numerous nicotine addicts who, as trusted servants, carry the message to other nicotine addicts behind the scenes. For example, at a World Services level I've worked as the Online Meeting Coordinator with Jill (Teleservices Coordinator), Gary (Paper Pen Pal Coordinator), Joyce (Meeting List Coordinator), and Chris (*SevenMinutes* Editor). I've also worked with all the intergroup contacts striving to support and maintain their area's face to face meetings in this new era of technology. There's a special place in my heart for my first sponsor, Lynne M, who died this year. She was Publisher of *SevenMinutes*, and was devoted to providing service to others any way she could. Lynne was so excited to serve with the board and to be trained with online board meetings. She was one of many trusted servants of Nicotine Anonymous World Services who could not attend the World Service Conference due to financial reasons. One of the goals I would like to explore as chairperson is to use new technology so these devoted servants and intergroup leaders can be a part of the voting process at our World Service Conference.

These thoughts go through my head and heart daily — more to be revealed. Life is grand, one moment at a time. I keep coming back, and know it is through giving that we receive. I'm hoping WE will continue this journey of recovery with love and respect for each other's thoughts and individual paths.

*Yours in service and recovery,
Chick, here
Chairperson of NAWS*



In Memoriam

Nicotine Anonymous mourns the loss of Jack R, beloved long-time member from Los Angeles. Below, JudiAh D from Southern California (nee New Paltz, NY) shares remembrances of Jack.

Service Was His Middle Name...

Jack R, a speaker at the 2013 NAWs Conference in Long Beach recently passed. He was instrumental in Los Angeles NicA meetings from the beginning, and he never stopped being of service. Though he always chose to break his own anonymity and use his last name whenever he shared, Jack's middle name could have been Service.

Jack was the first person I called in NicA when I first moved from NY in 2006. Always willing to be of service, I remember him giving newcomers "The Jack R Challenge." If a newcomer wanted to use nicotine, Jack set forth the challenge to call him first. He never knew it to fail (unless someone sadly didn't take the challenge and call him.)

Jack's spirituality was infectious. When I was seriously ill in 2015 and unsure of what the future would hold, I was talking with Jack at an Intergroup picnic. He was talking about the 3rd Step and how essential and powerful it is. He said he applies it to every situation. So unsure if I could ever regain strength, I asked, "Take it even when we're really ill?" He said, "ESPECIALLY when we're really ill!" I hope I never forget to believe in Step 3 like he did.

Another man who greatly influenced me, my father, peace be on him, died just over a month ago. He died free of nicotine, yet he did it "all himself." For years he said, "I want to come to one of your meetings and see what it's all about." He never got to go to a NicA meeting in this life, yet I can picture Jack telling my Dad all about the Steps.

May we all be comforted, and may Jack's memory continue as a blessing.

Stay connected to
Nicotine Anonymous
World Services!

Receive emails directly
from the NAWS board
by subscribing to
NicA News
(formerly Two WayTalk)

How to subscribe:
Click the **Newsletter**
tab on the NicA website
at:
<http://nicotine-anonymous.org/nica-news-email-communications.html>

and things that are outside of my control — which is just about everything beyond my nose.

*Aimee C
Little Rock, Arkansas*

Put a Little Prayer in Your Air



From the *SevenMinutes* Archives

The wise words below first appeared in our March 2011 issue.

A Repeat Offender...

Like so many other nicotine addicts, I am a repeat offender. I smoked and quit, smoked and quit, smoked and quit until I was just sick of it. I have to admit that it took me a while to understand what was really going on. I kept thinking that I was giving up something. I was buying into the story that if I quit smoking, I would be so sad, and life would never be the same and I couldn't hang out with my old smokin' friends. But, finally I GOT IT. I finally was so sick of making myself sick, and so tired of watching myself walk back and forth to my bedroom window where I smoked, that I realized I was nothing but a prisoner to nicotine. I had to do something about that...

I had to let myself out of that prison and get free from the drug that had me so addicted and so afraid that I'd have to be locked up to be able to quit using it. I had been around this program for some months, but I made the decision to get IN the program, get a sponsor, ask someone to help me take these steps, get serious about living a spiritual life and not look back.

I have already seen some of the promises come true in my life. I have had plenty of days of hell, plenty of days when my head would tell me a cigarette would "fix" me, and loads of physical and emo-

tional pain, BUT I have trust and knowledge in a Power greater than myself. When I pray for His/Her will for me and the power to carry that out...I know I won't be left alone.

I learned that WE thing from other addicts. I just kept listening, kept coming to meetings and kept using whatever tool of the program I thought would help me the most when I felt like using. I do the same thing today and every day, because I'm a new baby. I'm not even a year in this new life of mine. I was drugged with nicotine for 40+ years. How could I expect to know how to live like a 10 year old already? I have to remember that or I will be in BIG trouble. That's why there's the WE part of this program. What I could never do alone, WE can do together. And when I think I'm big, you can remind me I'm still just a young'n...one day at a time.

*Vicki
Voices of Nicotine Recovery (VONR)*

Choices...

The days following putting the cigarettes down, I felt raw all over, like an open wound freshly exposed to air and sunlight. My body worked overtime to begin the healing process and take in newly available oxygen after all the years of constant irritation from inhaling hot toxins into my body. My metabolism went haywire without nicotine's stimulants: sleep, appetite, emotions, focus — all were affected as I withdrew from the violence of nicotine.

The addiction gave way, and then I had to learn a whole new way of being in the world without relying on nicotine as my crutch, my escape, my friend. New feelings bubbled up at the most inconvenient times. I reacted to the slightest provocation. In one particularly angry moment, my sponsor asked me, "Is this really where you would like to put your energy?" This stopped me in my tracks. You mean I have a choice?

As the healing continued and the veil of smoke lifted, I began to gain clarity about how to be at peace in the moment, how to choose to be happy, joyous and free. What I learned is to surrender, and let the god of my understanding take care of the people, places



The Free Bridge Telephone
Meeting group presents...

Fourth of July Marathon Meetings

Starting at 8 am EST,
Free Bridge phone meetings
will run on the top of every hour.

Last meeting starts at 10 pm EST.

A different topic for each meeting

Phone: [218-339-2933](tel:218-339-2933)
Pass code: 944982#

See nicotine-anonymous.org
for information on
all regularly-scheduled
NicA phone meetings



The following piece was created by the Newsletter Committee of the Free Bridge phone meeting group.

Dear Nic,

I have decided we can't go on like this any longer. You lied to me and cheated me. I see that now; I see that everything was a hoax, that nothing you did or said was true.

I thought you were my world, and my everything. I thought I was safe with you. I came to rely on you. You were always there, wherever I went. So much so that, for example, you came between my loved ones and me. You killed my sister, pushed my family away; my friends didn't matter anymore, as long as I had you.

I left you and then I came back to you, and I was so angry. When I came back to you I didn't have any support - it stopped being fun a long time ago. I don't remember when. I should have stopped seeing you then, but I couldn't let go of the promise you made all those years ago. You promised me many things, but you lied. You lied about everything.

You promised me I'd always be sexy and glamorous; instead my teeth became yellow, I got a hacking cough, and I smelled like a dirty, wet ashtray. Nic, you took my confidence and gave me wrinkles. You left me a mess.

I was never special to you. You never cared about me. You were not a cheap friend to have, either. I got lost in you. I couldn't see what you were really doing to me. You were selfish. After all the good times we spent together, you ended up ruining my life!

So it's time I let you know that I've met someone else, who has promised to take care of me, and nurture me back to health. This someone is filled with joy and gratitude, and takes things one day at a time; doesn't judge me, get jealous, or fill my head with empty promises.

This someone is NicA.

Yes, I have a new love now and things have really changed. I know what real love is -- I know now how to love myself; I've learned that I have something to offer. Best of all, I've learned I can LIVE without you! I've found love and connection -- in different ways from the ones you offered -- with NicA and my Higher Power.

Goodbye forever.



Seven Minutes Meditation



With courage granted,
onward we grow.
We lose the weight
on our shoulders
and stop
running the show.

- Melissa R
Akron, OH

**Available
on Kindle
on Amazon.com:**

**Nicotine Anonymous:
The Book - \$7.99**
**Our Path to Freedom -
\$4.50**
**A Year of Miracles -
\$9.99**
**90 Days, 90 Ways -
\$4.50**

Nicotine Anonymous
The only requirement for membership is a desire to stop using nicotine.

Meeting Options:
Face-to-face meetings
Telephone meetings
Online meetings

To find face-to-face meetings:
Go to www.nicotine-anonymous.org
Click on **Meetings** and search by state.



For phone meetings:
Go to www.nicotine-anonymous.org
Click on **Meetings**, then
Telephone Meetings.



For online meetings:
Go to www.nicotine-anonymous.org
Click on **Meetings**,
then **Internet Meetings**.



In this section are live links to two sites offering the ability to post messages and receive responses. Both require the individual to join the site in order to take advantage of some of the extra services, such as searching for specific posts or files.

Unofficial Nicanon has "Type Share" meetings. It can be found at: <https://groups.yahoo.com/neo/groups/unofficialnicanon/info>

Voices of Nicotine Recovery (VONR) has "Voice Share" meetings using a free chat service that can be downloaded.

VONR can be found at: <http://voicesofnicotinerecovery.com>

This site also has other helpful information about nicotine addiction and links to prior speaker shares.





WANTED!

The Friday night 8 PM (ET) Freebridge telephone meeting seeks qualification speaker(s) to give 15-20 minute share on the 4th and 5th Friday of the month regarding life experience in getting and staying quit from nicotine.

Qualifications don't require a specific amount of quit time.

The Freebridge telephone is [1-218-339-2933](tel:1-218-339-2933), PIN 944982#

Please advise interest to Wendy, meeting chair at cwhend2015@yahoo.com.

"We can't keep it unless we give it away!"

How Do You Achieve Long-Term Smobriety?

I remember asking myself that question a lot in the early days of recovery from nicotine addiction. There were a number of members in my group with a lot of clean time. I looked at them with envy and awe. How did they do it? What's the secret? But soon I got involved in the program - working Steps, doing service work, living life - and I stopped worrying about it. I learned to live on life's terms, seeking continual guidance from a Higher Power and using the tools of Nicotine Anonymous on a regular basis.

Twenty five years have gone by. So quickly, it seems! I realize I now have that once-elusive "long-term smobriety!" I also realized that the "secret" was actually no secret at all. It was given to me at my first meeting as each member shared their experience, strength and hope. It was laid out for me in the slogans, like "keep showing up" and "together we change." It was continuously modeled for me as I watched fellow members work the Steps and the Traditions.

What's become clear is that the itch inside that told me I had to "fix" is a lie.

No cigarette or other substance can heal what only a Higher Power can. Turns out that daily surrender to that fact is *how* we achieve long-term smobriety — one day at a time.

Chris H
Phoenix, AZ



Want to get involved with Outreach to help your group and/or Intergroup?

Consider attending our monthly Outreach teleconference meeting!

When: 2nd Wed. of the month

Time: 8 pm EST

To attend: call 1-218-339-4978

Access Code: 1471471#

Summer 2017 Nicotine Anonymous Events Around the U.S.

- | | |
|------------|---|
| July 7-9 | Annual Funweekend in Phoenixville, PA
sponsored by NJ/PA Intergroup |
| July 15 | One-Day Retreat at Samuel P. Taylor State Park
sponsored by four Northern California NicA meetings |
| July 20-21 | Annual Joshua Tree Retreat
sponsored by Southern California Intergroup |
| August 6 | Annual Beach Day - speaker meeting at Jones Beach
sponsored by New York Metropolitan Area Intergroup |

Flyers with event details are located on the NicA website
www.nicotine-anonymous.org

A Brief History of Nicotine Anonymous

The roots of Nicotine Anonymous first took hold in the Southern California living room of one of the co-founders, Rodger F. in February of 1982. The group consisted mostly of Alcoholics Anonymous members who realized their need to focus on their nicotine addiction and to stop smoking. Since anything but alcohol is an outside issue for Alcoholics Anonymous, a separate group was necessary.

With permission from Alcoholics Anonymous, the founding members of our fellowship adapted the Twelve Steps and Twelve Traditions. Although there is common ground in the use of the 12 Steps and 12 Traditions, these fellowships are not affiliated. Alcoholics Anonymous also gave us permission to adapt their preamble. Our Preamble became the following:

Nicotine Anonymous is a fellowship of men and women helping each other to live our lives free of nicotine. We share our experience, strength, and hope with each other so that we may be free from this powerful addiction. The only requirement for membership is the desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, political entity, organization or institution, does not engage in any controversy, neither endorses nor opposes any cause. Our primary purpose is to offer support to those who are trying to gain freedom from nicotine.

Maurice, a member, authored an article for *Readers Digest* in May of 1985. Thousands of letters poured in from people wanting to know more about this new 12 Step fellowship known then as “Smokers Anonymous.” Within a year there were a hundred meetings identified.

The fellowship’s first official World Services Conference was held in San Francisco in May of 1988. Thanks to a well-documented chain of events the fellowship was renamed Nicotine Anonymous in Phoenix, Arizona at the 1990 World Services Conference. As with most organizations, it becomes typical to use an abbreviated name. For our common welfare and unity, a vote at the 2000 World Services Conference in Scottsdale, Arizona decided that NicA would be the one abbreviation the fellowship would use.

Each year we hold a conference in the spring, and all members are invited to attend. This annual conference is held in various parts of the United States, depending on members who volunteer to host the event. The conference serves to strengthen us in our path to freedom from nicotine and as an official meeting to address fellowship business.

Nicotine Anonymous World Services serves a worldwide fellowship with meetings in the United States and around the world. Face-to-face meetings have been supplemented by both online and telephone meetings. There is a well-managed web site and literature fulfillment service available to the membership. The elected all-volunteer board consists of nine members and meets at least quarterly. There also are numerous coordinators who volunteer to provide specific services that help World Services fulfill our fellowship’s primary purpose - **“to offer support to those who are trying to gain freedom from nicotine.”**

The rest of the story can be read in our literature. Please feel free to learn more about us to see if you want what we have. A warm welcome awaits you!

Connections



Nicotine Anonymous invites you to connect with our

Penpal Program

Who: Someone like you, who is interested in service work.

What: These are examples of our requests: "I am a suffering nicotine addict and I am addicted to chewing tobacco. I would appreciate any help I can get." Another might be from a person wanting to help others: "I have been smober for a year, after smoking for 42 years, and the one day at a time program worked for me." Or, "I am having a hard time staying quit, and I also have COPD." They provide their e-mail address and a brief blurb about their situation.

When: As soon as possible, and whenever you can provide some support. The e-mails and letters are sent out to connect with them as soon as members request to join. This is about once a week.

Where: E-mails are sent to

PenPal Coordinator Paper PenPalCoordinatorPaper@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via snail mail.

PenPal Coordinator Email PenPalCoordinatorEmail@nicotine-anonymous.org

Coordinates and connects penpals who want to communicate via email.



Why: Not everyone has access to meetings. This is a great way to connect with other addicts from around the world.



How: Contact either email address above to begin connecting.



Write a Meditation for a Future Nicotine Anonymous Daily Meditation Book!

Please submit your daily meditation for consideration in an email or Word file to:

DailyMeditations@nicotine-anonymous.org

Subject line 'Nicotine Anonymous Meditation'

or mail to:

Attn: Daily Meditations Coordinator

Nicotine Anonymous WSO

6333 E. Mockingbird #147-817

Dallas, TX 75214

Please include your telephone number, email and snail mail address — to be used only in case we have questions. (All contact info and authorship will be kept confidential in accordance with the 11th Tradition.)

The format for new daily meditations follows the format used in the book *A Year of Miracles*. The text can contain 100-200 words, including the quote, the member's share, and the concluding statement, "Today, _____."

Nicotine Anonymous daily meditations are best when related to the personal experience, strength, and hope of a member and/or supported by principles of recovery based on the Twelve Steps and Twelve Traditions of Nicotine Anonymous, Our Preamble, or text from our literature.

The quote can be from a Nicotine Anonymous member (to be cited as "Nicotine Anonymous member") or from what is considered as "in the public domain for Fair Use" and citing the author.

Please note:

- Contributors waive their right to financial compensation and grant all rights to Nicotine Anonymous World Services.
- Meditations submitted may be edited as necessary for grammar and content.

Thank you for your service!

NAWSO
Profit & Loss YTD Comparison
January through March

	<u>Jan - Mar</u> <u>2017</u>	<u>Jan - Mar</u> <u>2016</u>
Ordinary Income/Expense		
Income		
4000 · Donations	2,823.56	3,532.17
4100 · Literature Sales	6,365.43	6,787.68
4290 · Shipping & Handling	1,002.34	1,050.72
49900 Non Profit Income	1.05	
Sales of Product Income		32.78
Total Income	\$10,192.38	\$11,403.35
Cost of Goods Sold		
5000 · COGS	3,562.47	3,668.42
5001 · Cost of Goods Sold	0	0
5102 · Inventory Shrinkage	0	0
Total COGS	\$3,562.47	\$3,668.42
Gross Profit	\$6,629.91	\$7,734.93
Expenses		
6000 · Office Expense	6,738.78	6,316.75
6600 · WSO Expense	428.40	761.90
Total Expense	\$7,167.18	\$7078.65
Net Operating Income	\$-537.27	\$656.28
Other Income/Expense		
8000 · Interest Income	11.78	12.52
Total Other Income	\$11.78	\$12.52
Net Other Income	\$11.78	\$12.52
Net Income	<u>\$-525.49</u>	<u>\$668.80</u>

BIRTHDAY CONGRATULATIONS

Brad D – 5/5/11

John V – 4/9/07

Andrea V – 6/5/06

Matt L – 6/16/92

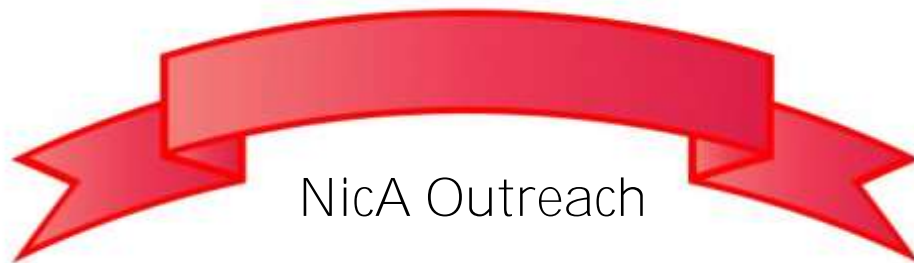
Mary B – 5/20/95

Post your Nicotine Anonymous birthday in *SevenMinutes!*

Send in your first name, last initial and nicotine quit date.

Snail mail: Nicotine Anonymous World Services
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214

Email: SevenMinutesEditor@nicotine-anonymous.org



@nawsoutreach is the new Twitter presence for Nicotine Anonymous. We are looking to use social media to stay in touch with those involved in helping nicotine users everywhere. Got ideas for using social media to help us carry the message? Call Jeff at [760-401-6503](tel:760-401-6503).

HAVE AN IDEA FOR A PUBLIC SERVICE ANNOUNCEMENT? Draft the text for a 15 or 30 second audio PSA, or create your own audio file! For more information, contact: outreachcoordinator@nicotine-anonymous.org or call Jeff at [760-401-6503](tel:760-401-6503).

Is your group in need of newcomers? Try an Outreach project to get the word out! For more information, call Jeff at [760-401-6503](tel:760-401-6503) or send an email to outreachcoordinator@nicotine-anonymous.org

Service is the Key

Nicotine Anonymous World Services is in need of volunteers to take on the following open positions:

OUTREACH COMMITTEE

Works on ideas and project development for public outreach to help carry the message.



TELEPHONE SERVANTS—ESPECIALLY NEEDED!

From the comfort of your own home, you can respond to telephone calls from those who are just starting out on their path to freedom.

TRANSLATORS

Help us spread the word by translating our literature, or when foreign-speaking inquiries come to our attention.



INTERNATIONAL GROUP COMMITTEE

Serves to enhance the relationship between NAWS and international groups. Bi-lingual skills are an asset.

All service positions information is in the Policy and Procedures Manual (P&P)
The P&P is posted on our web site under the "About Us" tab, then click on "Archives."

To volunteer or get more information about any of these service positions, please contact

Nicotine Anonymous World Services
6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214

Or e-mail chairperson@nicotine-anonymous.org

Rev. 5/2017

♥ My Gift of Gratitude ♥

GIVE A "GIFT OF GRATITUDE"

Nicotine Anonymous has always been about helping addicts and saving lives. But it has come to the point where the heart of our organization needs our help. Nicotine Anonymous World Services needs our help to meet its monthly operating expenses. In addition, our contributions would help reach even more addicts through outreach and distribution of Nicotine Anonymous literature.

CONSIDER GIVING BACK TO THE ORGANIZATION THAT HELPED YOU GET FREE OF NICOTINE

Your *Gift of Gratitude* is another way you can work the Steps by carrying the message to nicotine users who still suffer! It also allows World Services to continue functioning through the Seventh Tradition.

HOW WORLD SERVICES SERVES THE NICOTINE ADDICT:

- ♥ Maintains the worldwide meeting list
- ♥ Distributes literature
- ♥ Distributes free Meeting Starter Kits
- ♥ Maintains the web site
- ♥ Publishes our quarterly newsletter, *SevenMinutes*
- ♥ Conducts necessary business of the Fellowship at quarterly Board meetings (three of which are conducted via web conference to conserve our resources)

GET A FREE SUBSCRIPTION TO SEVENMINUTES NEWSLETTER!

And if you give the gift of \$10 a month you will receive a complimentary subscription to our newsletter *SevenMinutes* which includes Fellowship news and member shares.

THINK YOU CAN'T AFFORD IT?

Think of the money we used to spend on tobacco! Just a little of it can go a long way to help us continue to operate. Here are some ways you can give back:

- ♥ Every week, put the cost of one pack of cigarettes in a container
- ♥ Set aside each day's loose change and save in a gratitude jar
- ♥ On your anniversary, send \$10 for each year of freedom (or as much as you can spare!)

4 EASY WAYS TO DONATE!

All gifts are tax deductible as 501(c)3 donations.

1. Click on the button on the homepage of www.nicotine-anonymous.org to donate using PayPal or your credit/debit card (Make a one-time donation, or click on "make this recurring" to set up a monthly donation)
2. Send your donation by paper check to:
Nicotine Anonymous
World Services
6333 E. Mockingbird Ln.
Suite 147-817
Dallas, Texas 75214
3. Set up online monthly bill pay at your bank. (You determine the amount and date of payment. Follow your bank's instructions for setting up recurring payments to payees with no account number.)
4. Make a one-time donation at store.nicotine-anonymous.org

Why members and groups donate to Nicotine Anonymous World Services

Nicotine Anonymous World Services is a member-supported non-profit organization guided by the Twelve Steps and Twelve Traditions. We realize there are both practical and spiritual purposes for us to remain a self-supporting fellowship to carry our message of recovery. Honoring our responsibilities is an aspect of our spiritual awakening.

Learn more about contributions & self-support at www.nicotine-anonymous.org



Seven Minutes

NAWSO
6333 E. Mockingbird Lane
#147-817
Dallas, TX 75214



Publication dates and deadlines for *SevenMinutes* submissions:

Publication Date	Deadline Date for Submissions
March 20	February 1
June 20	May 1
September 20	August 1
December 20	November 1

Nicotine Anonymous has a venue to conduct Board Meetings, Intergroups, and Committee Meetings online, with or without telephone capabilities.

If you are a member of a group that is helping Nicotine Anonymous and want to utilize this technology, contact Chick at nicahost@gmail.com

Individual training is available to learn this new venue.

This online meeting format can also be used internationally.

My Address Has Changed! Don't miss an issue!!! Complete this form and mail it to: NAWSO, 6333 E. Mockingbird Lane, #147-817, Dallas, TX 75214 USA <i>My new address and phone is:</i>		
NAME _____		PHONE (WITH AREA CODE) _____
ADDRESS _____		
CITY _____	STATE _____	ZIP CODE _____
<i>My old address was:</i>		
ADDRESS _____		STATE _____ ZIP CODE _____